

International Day of Yoga Celebrated at ICAR-IISS

21st June 2016, Mau

In compliance to Government's decision of celebrating *International Day of Yoga* on 21st June, 2016 all over the country, ICAR-IISS rejoiced the said event with spirited participation of the entire staff. The days programme started at 07:00 A.M. by mass performance of yoga 'asanas' for one hour following the 'Common Yoga Protocol' provided by the Ministry of AYUSH. The mass Yoga demonstration was led by the Director of the institute and the entire staff and their family members took part in it. To commemorate the event a guest lecture, "Yoga- Its Importance in Daily Life" was organized. Dr. Ashutosh, anesthesiologist and Yoga instructor from Art of Living was the chief guest and keynote speaker for the programme. In the address he highlighted the important role of yoga in improving productivity at work and stress management, in day to day life. Dr. D. K. Agarwal, Pr. Scientist and Dr. A. K. Sinha, Sr. Scientist also shared their insights and experiences of Yoga practice. The programme was chaired by Dr. S. Rajendra Prasad, Director, ICAR-IISS and in his presidential address he stressed on organizing yoga classes at regular basis in the campus for the benefit of the staff. The programme ended with vote of thanks given by Mr. Ramesh K. V. to the Chairperson, Chief Guest and members present in the function.

